

East Columbia 50+ Center



6600 Cradlerock Way Columbia, MD

(410) 313-7680 (tel)

(410) 313-7688 (fax)

Hours: Mondays and Wednesdays, 8:30AM-8:30PM

Tuesdays and Thursdays, 9AM-4:30PM

Fridays, 8:30AM – 4PM

Monday	Tuesday	Wednesday	Thursday	Friday
9 LegalAid/ Harmonize 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 4 Pinochle 5 Tai Chi Adv 6 Qigong 7 Soul Line 2 3	9 Exercise w/Ease 10 Chair Yoga 11 Sew Who Cares 12 Poker 1 Zumba 2 Yoga 2 Short Stories 3 Urban Line Dance 6 Legal Services 4	9 Harmonize Exercise 10 Mahjong 1 Bid Whist 1 Dog Games & Workshop 3 Strength Training 5 Tai Chi Fan 6 Tai Chi Fan 7 Soul Line Dance 1 5	9 Exercise w/Ease 9 Chinese Painting 11 Tai Chi Sword P 12 Tai Chi P 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 3:30 Tai Chi P 6	9 Creative Writing 9:15 Draw & Paint 11 Creative Writing 1 Pinochle 1 Watercolor 1 Bridge 1 MD Insurance Administration 7
9 LegalAid/ Harmonize 11 & 12:15 Yoga 12 Mahjong 12 Box Lunch Book Club 2 Tai Chi P 4 Pinochle 5 Tai Chi Adv 6 Qigong 7 Soul Line 2 10	Veterans Day Holiday Center Closed 11	9 Harmonize Exercise 10 Mahjong 11 BYO Beads 1 Bid Whist 3 Strength Training 5 Tai Chi Fan 6 Tai Chi Fan 7 Soul Line Dance 1 12	9 Exercise w/Ease 9 Chinese Painting 10 Spotlight on Sen. 11 Thanksgiving Lunch at Ten Oaks 11 Tai Chi Sword P 12 Tai Chi P 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 6:30 Movie Night 13	9 Creative Writing 9:15 Draw & Paint 11 Creative Writing 12 Soup & Salad Bar 1 Pinochle 1 Watercolor 1 Bridge 14
9 LegalAid/ Harmonize 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3:30 Nutrition Appts. 4 Pinochle 5 Tai Chi Adv 6 Qigong 7 Soul Line Dance 2 7 Caregivers 17	9 Exercise w/Ease 10 Chair Yoga 10 Banneker History 11 Sew Who Cares 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 3:30 iPad Lab 6 Legal Services 18	9 Harmonize Exercise 10 Mahjong 11 NARF Meeting 12 Intro to Acupuncture 1 Bid Whist 3 Strength Training 5 Tai Chi Fan 6 Tai Chi Fan 7 Soul Line Dance 1 19	OOA staff meeting Center will open at 1pm 1 Chess 1 Latin Jam 2:30 Pilates 20	9 Creative Writing 9:15 Draw & Paint 11 Creative Writing 1 Pinochle 1 Watercolor 1 Bridge 21
9 LegalAid/ Harmonize 11 & 12:15 Yoga 12 Mahjong 1 Tai Chi P 4 Pinochle 5 Tai Chi Adv 6 Qigong 7 Soul Line Dance 2 24	9 Exercise w/Ease 10 Chair Yoga 11 Sew Who Cares 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 25	9 Harmonize Exercise 10 Mahjong <i>(limited programing)</i> 26	Thanksgiving Holiday Center Closed 27	Thanksgiving Holiday Center Closed 28
East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders At your service!	Mystery Author Extravaganza <i>Meet, greet and mingle – refreshments served</i> Saturday, Nov. 1st at East Columbia 50+ Center	Dog Games Bow-Wow Exercise! Learn fun, indoor games for your dog Wednesday, Nov 5 1-2pm	Thanksgiving Celebration at Ten Oaks Ballroom on Thursday- Nov 13 Doors open at 10:30am <i>Dance to the music of the Retro Rockets!</i>	Intro to Acupuncture Wednesday Nov. 19, 12pm– 2pm <i>Light lunch refreshments</i>

Mystery Author Extravaganza

Meet mystery authors from the Chesapeake Chapter of Sisters in Crime as they discuss their work. Afterwards, enjoy refreshments and mingle. This event is sponsored by the Howard County Library system. Please call (410) 313-7700 to register.

When: Saturday, November 1
Time: 1-3pm
Cost: Free

Bow Wow Exercise

Learn indoor exercises to tire out your dog -- especially helpful on those miserable days. Games are mentally stimulating for your dog and great entertainment for the family.

When: Wednesday, November 5
Time: 1pm – 2pm
Cost: Free

Maryland Insurance Administration

Confused about rate increases or billing notices? Concerned about the insurance company's handling of your claim? The Maryland Insurance Administration is a state agency that can help you better understand the coverage on your insurance policy so that you are a well-informed consumer.

When: Friday, November 7
Time: 1pm
Cost: Free

Soup and Salad Bar



Sign up for a healthy, delicious and fresh soup and salad lunch the 2nd Friday of every month at East Columbia 50+ Center.

When: Friday, November 14
Time: 12pm
Cost: Lunch Donation

Intro to Acupuncture

Join Acupuncturist and Wellness Educator, Leah Turner as she introduces one of the world's oldest practiced health systems. Millions of people receive acupuncture treatments each year to ease pain and address chronic physical and emotional conditions. There will be an opportunity to experience acupuncture. This optional activity will be free of charge. Please call (410) 313-7680 to register.

When: Monday, November 19
Time: 12pm - 1pm
Cost: Lunch Donation

Important Numbers and Information

If you need this calendar/newsletter in an alternative format please contact:

Meridy McCague, 410-313-7684 or email at mmccague@howardcountymd.gov

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